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PTWC is the largest trans-specific conference in the world. Last year, 10,000 people from around the country and the world came to the conference last year. (The City estimated economic impact at $3.3 million.) The conference occupies 22 conference rooms in more than 63,000 square feet at the Pennsylvania Convention Center, one of the country's premier meeting facilities, located in Philadelphia's dynamic, walkable historic downtown.

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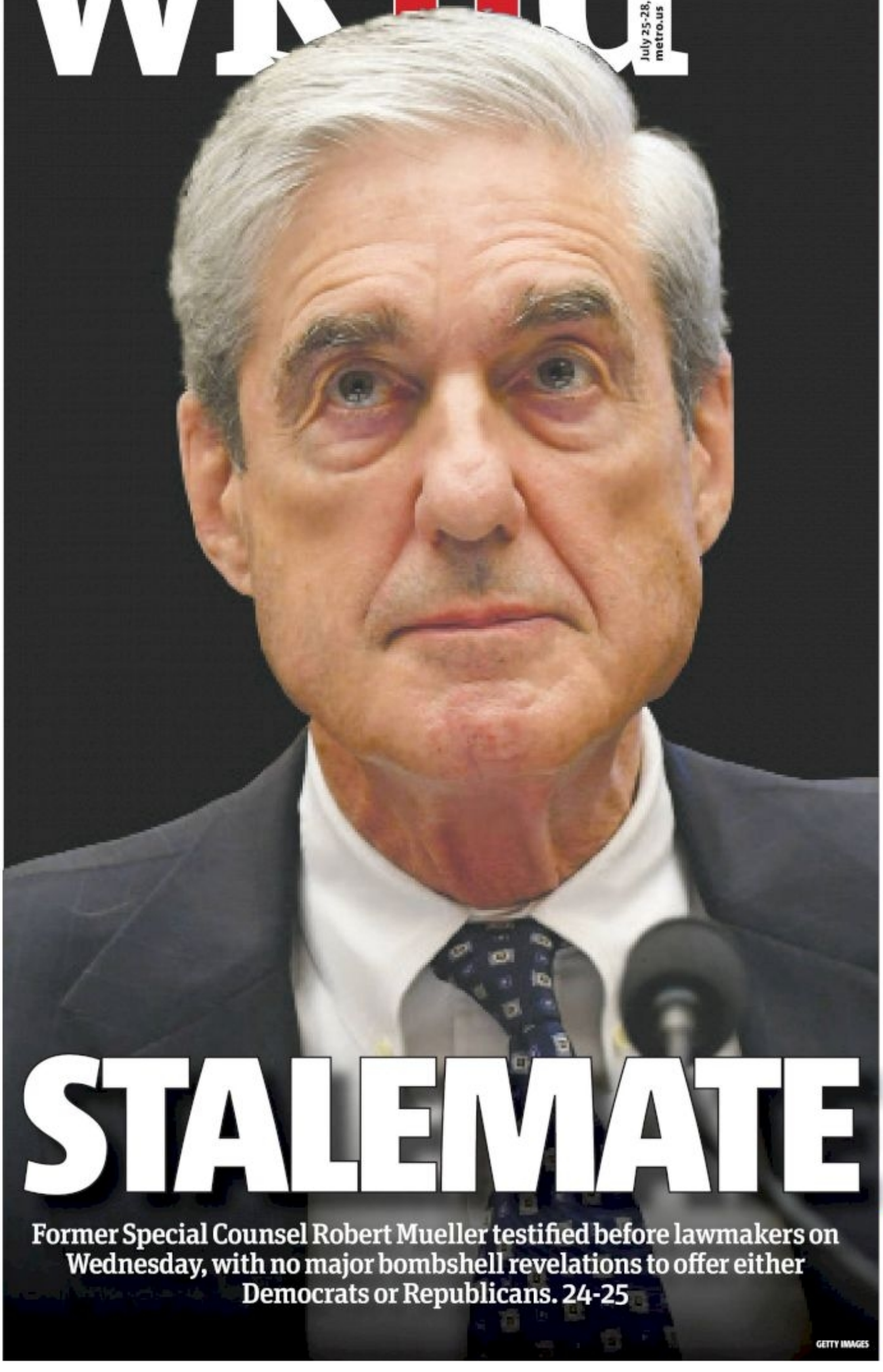

STALEMATE

Former Special Counsel Robert Mueller testified before lawmakers on Wednesday, with no major bombshell revelations to offer either Democrats or Republicans. 24-25

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Getting *jolly* with it

ALL PHOTOS ISTOCK

Philly is getting festive this weekend.

MOLLY GIVEN

Merry Christmas! Well, Merry Christmas in July at least. Although its the height of the summer season, the City of Brotherly Love will be partying like it's December 25th this weekend with festive parties, tasty holiday treats and much more. Here is where you should celebrate Christmas in July in Philly.

Jet Wine Garden

The newly opened seasonal wine hotspot right next to Jet Wine Bar is celebrating Christmas in July with an exciting cookout extravaganza. There will be festive decorations to get everyone in the Christmas spirit, jolly tunes setting the mood, Corn Ho-Ho-Hole and plenty of themed drink specials and tasty food from the grill. Guests can munch on Hawaiian-inspired bites such as chicken skewers ($6), pulled pork sliders with Jicama slaw ($9), seared tuna tataki ($12) and grilled pineapples and peaches ($3) at the event while also sipping on Christmas cocktails. Drink specials include a rosemary and cranberry Moscow Mule ($8), Prosecco mojito ($8) and red and white sangria ($6).

July 26, 5 p.m.-10 p.m., Jet Wine Garden, 1525 South St., prices vary, jetwinebar.com

Philadelphia Runner

Head to the Philadelphia Runner in Manayunk where they will be teaming up with Asics and North Light Community Center for a fun and festive group run. There's no better way to work off egg nog and cookies, right? Asics will be on-site with demo shoes to try on and Philadelphians can bring along donations (toothbrushes, soap, non-perishable food etc.) for the community center to PR as well. After the run, guests can also indulge in sweet treats, raffle prizes and discounts back at the shop. This event is open for all runners of all levels. *July 25, 6:30 p.m., Philadelphia Runner, 4358 Main St., philadelphiarunner.com*

Cavanaugh's River Deck

Spend Christmas in July right by the water at Cavanaugh's River Deck this Friday. There will be plenty of drink specials including $4 Bud Lights and a special performance from Kalicade. Guests are encouraged to sport their best festive attire and enter into the Sexy Elf and Santa Bod contest for a chance to win prizes and more. Be sure to sign up online beforehand as well to pay a reduced cover charge. *July 26, 9 p.m.-12 a.m., Cavanaugh's River Deck, 417 N Christopher Columbus Blvd, theriverdeck.com*

Morgan's Pier

The pier is celebrating Christmas full speed ahead since they are typically closed in December. Morgan's Pier will have exclusive kegs of Troeg's Mad Elf and live holiday tunes being sung by The Business on July 25, the 11 member cover band will hit the stage at 9 p.m. and keep the jolly spirit alive from there. The cover is $5 and guests are encouraged to come decked out in their best Christmas gear. Guests who can't make it to the Pier on Thursday can also indulge in the holiday drink specials throughout the rest of the weekend as well. *July 25-27, Morgan's Pier, 221 N Christopher Columbus Blvd., $5+, morganspier.com*

City Tap House

Head to the spacious patio deck at CTH's West Philly location and celebrate "Christmas in July" (July 27, 3-7 p.m.) with water balloons, kiddie pools, trike races, two DJs and costume contests. Guests are encouraged to sport their best swimsuit and a Santa beard at the jolly occasion. Be on the lookout for Vacation Santa who might be making an appearance this Saturday as well. *July 27, 3 p.m.-7 p.m., City Tap House, 3925 Walnut St., Fl 2, citytap.com*

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Open for business

ALL PHOTOS ISTOCK

Businesses affected by the 'Great Water Break of 2018' are celebrating the street reopening with a festival this weekend.

MOLLY GIVEN

In the early morning hours of July 3, 2018, a 48-inch water main burst at Juniper and Sansom Streets flooding that area and all of the local businesses with almost 15 million gallons of water. What was left was a muddy mess, confusion and a lot of damage control.

A year later, the sight of the water break certainly looks different. Recently, the damaged section of Sansom street finally re-opened and in honor of the resurrection, Time, Zavino, Opa, Bar and Tredici Enoteca are hosting a colorful extravaganza this weekend to celebrate.

"We are trying to raise awareness that we're back," says Patrick Iselin, CEO of The Vintage Syndicate (owner of Time). "We have been in business but we have certainly been impacted by not having that foot traffic---people couldn't get to us easily."

The damage that was done last July certainly impacted foot traffic, but what many people didn't see was the impact the water had inside of the buildings lining the street. "We suffered a sizeable loss in terms of equipment and product. Our basement had about six feet of water in it so we lost all of our refrigerations, and pretty much all of our mechanical and electrical circuits. We were outright closed while the repairs were being made for about a month," says Iselin.

Coming out on the other side of the unforeseen mess is certainly a feat to celebrate. "This weekend was essentially chosen because it was the soonest after the street re-opened that we were able to do this," says Iselin. "We're closing the street from Juniper to 13th, and the five businesses that were most affected: Time, Opa, Bar, Zavino and Tredici are all putting together a good old fashioned street festival. Everyone is going to put tents out, we are going to have cold beer, some cocktails and food. All of the restaurants get along really well and we just want to throw a party essentially."

The irony of the nature of the extravaganza this weekend is not lost on Iselin either. "So, after all of that, we decided that the best way to celebrate the re-opening of the street was to close the street--- which is obviously kind of goofy."

The street festival will take place this Saturday, July 27, from 1 p.m.-7 p.m. Admission is free and food and drinks are pay-as-you-go. There will also be a DJ spinning beats and the festival will happen rain or shine.

"We are so excited to be open at full strength and all five of us are thrilled to be in a situation where we can do this," says Iselin. "Come and have a drink and enjoy what we hope will be lovely weather. Let's just have a nice Saturday afternoon in July."

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YOUR WEEKEND STARTS NOW

MUSIC

98 Degrees GETTY IMAGES

An Evening with 98 Degrees

No it's not the '90s again, but smooth sounding RnB vocal group 98 Degrees is performing this weekend in Philly. The celebrated group will be at Parx Casino for one night only performing some of their greatest hits including "Because of You," "I Do," "The Hardest Thing," "Give Me Just One Night," "Invisible Man" and more. **July 27, 8 p.m., Parx Casino, 2999 Street Rd, Bensalem, $69-$89, parxcasino.com**

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Looking for some fun and unique things to do in Philly this weekend? We've got you covered. Here are 8 fun things to do in Philly this weekend.

OUTDOORS

Camp Chadsforth: Adult Summer Camp for Wine Lovers

Yes, a perfect camp does exist. Head to Chaddsforth Winery this weekend to indulge in one of the most unique experiences of the summer season. The Adult Camp will feature team-based games (corn hole, mad libs, kickball and more), a tie-dye t-shirt station, a burger bar with plenty of delicious toppings, a special wine or beer tasting and much more. **July 27, 11 a.m.-6 p.m., Chaddsforth Winery, 632 Baltimore Pike, $65, chaddsford.com**

FOOD & DRINK

Manayunk Food Tour

Travel through the charming Manayunk district and sample some of the best cuisines the city has to offer. This tour is so good it was even voted the city's best food tour- so you know it's delicious and worth it. Indulge in tomato pie, cheesesteaks and ice cream while learning all about the stories behind them. **July 27, 11:30 am, Chew Philly Food Tours, 4653 Umbria St., $29, phillyfoodtours.com**

Tiki Time at Art in the Age

Head to Art in the Age this Friday to meet and chat with "Tiki: Modern Tropical Cocktails" author and rum expert Shannon Mustipher. While guests mingle with Mustipher, they can also indulge in cocktails highlighting delicious recipes from her book, and even pick up a copy for themselves to be signed. Be sure to RSVP beforehand to have the admission fee waived as well. **July 26, 6 p.m.-9 p.m., Art in the Age, 116 N 3rd St, prices vary, artintheage.com**

"Ulm" with Nich Bazik

13th Street Kitchen's Chef Nich Bazik is hosting an intimate six-course dinner for two nights this weekend, and everyone is invited out to indulge in the exquisite French-themed meal. "Ulm" showcases Bazik's love for French cuisine, and each course will also come with an optional wine pairing ($80) with house Sommelier Megan Storm. Only 16 seats are available for each night; reserving your spot beforehand is necessary. **July 26 and 27, Kensington Quarters, 1310 Frankford Ave., $100, kensingtonquarters.com**

ARTS & CULTURE

July Ghost Tours

It may not be Halloween, but there are plenty of spooky happenings occurring around the City of Brotherly Love during the month of July. Join in on one of the most unique tours in Philly and uncover burial grounds, haunted mansions, unsolved mysteries and much more. This candlelit tour will be happening nightly throughout the month of July; tours depart every night from Signers' Garden at 5th and Chestnut streets. Any Philadelphian who wants to join in on all of the ghostly fun can save $5 on tickets by signing up online. **Nightly throughout July, 7:30-9 p.m., Signers' Garden, 5th and Chestnut, $11-$19, ghosttour.com**

Ladies Night at Photo Pop Philly

Ladies, head to Photo Pop this Thursday for a night of pampering, drinks and fun. Guests can shop for special merchandise from popular artist Amberella, sip on rosé samples from Pinot Boutique Wine Bar, get your hair and makeup touched up from Moxie Blue Salon and Jayduh Phoneix, snack on sweet treats from Cupcakes By Ruth and much more. According to a release, the entire event benefits PAWS and a portion of Photo Pop ticket sales will be donated to their cause as well. **July 25, 5 p.m.-8 p.m., Photo Pop Philly, 111 S Independence Mall E, prices vary, photopopphilly.com**

FAMILY

Top Dog at Trails on Tap

Trails on Tap at Royersford Riverfront Park is hosting an adorable and furry-friendly competition this Sunday. Guests and their leashed pups are invited to the park to compete for prizes in two different categories: Cutest Dog and Best Trick. All participating owners will receive a complimentary Trails Pale Ale, and for those who aren't drinking, complimentary bikes and kayaks will be available. Guests are encouraged to arrive by bike or on foot, there is limited parking available. **July 28, 3 p.m., Royersford Riverfront Park, Royersford, prices vary, schuylkillriver.org**

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Actress Adrienne C. Moore on the final season of *'Orange Is the New Black'*

The seventh and final season will be available to stream Friday, July 26. PAT KING

This weekend, the hit Netflix original series "Orange Is the New Black" will be closing the chapter on the inmates of Litchfield Prison for good. I caught up with actress Adrienne C. Moore, who plays Cindy on the show, to reflect on the impact of the show.

This is the final season. It must be amazing to look back at the show from where it began in Litchfield.

Yeah, well, the biggest thing I think for me — and I'm not speaking for everyone — but I can kind of speak for a lot of people in saying we've known this truth and we've lived with this reality for a while. So, while the magnitude of it is, yes, it's incredible and it sinks in like, "Wow, I'm not going to be working on 'Orange' after February," I think a lot of us had that reality back in February. We were filming the show all of last year and the top of this year. It was like we have been running this race for a long time. It's like, now you guys are seeing where we've been running since last year. I definitely had my moments of, you know, it's bittersweet. It's a ton of sadness but a lot of elation because seven years, to me, is a number of completion. That just means that there is a new chapter on the horizon. So, there is an excitement to look forward to that, while also knowing that I am not going to see so-and-so as much as I used to see them, I wonder if I'll stay in touch with so-and-so after this is over. We all got together a couple months ago because it was in time and the award nominations and for-your-consideration moments, and so that was us seeing each other since we had wrapped the show in February. At that point so many people had moved on to new and exciting projects and it was kind of like, okay, we got to jump back into this world.

Did working with such talented actors and actresses, as well as Jenji Kohan, help you elevate your game?

You definitely have to elevate your game, not only on set but the game elevation starts when Jenji and the writers send us the script, because they don't mince words, they don't apologize, they don't hand-hold. They're about telling and exposing the truth, challenging how we view things and how we see people. And so, it began there, with them writing this provocative story about these inmates who most people would have disregarded as criminals and not thought twice about. When you get the script and you see who these characters are that they're trying to reveal to the world there is a sense of, well, "I just can't get up there and say the lines, I have to bring this character to life. I have to make their story worth telling because there are so many stories." Every sentence has a story and there are so many women's stories to tell that you want to hear from, so to be a part of a show for seven seasons that gave light to Jenji's story was an honor and I didn't take it lightly at all.

Has the show given you a new perspective on the prison system in America?

I feel this opportunity was sort of beckoning me even before I was made aware. When I was in high school, I interned for the U.S. Attorney's Office. When I was in college, I worked in politics. I worked for the government, so I felt like I kind of got a sense. I would visit prisons. One of my close friends was a former chief of staff for one of the largest prisons in Georgia, so I had a chance to visit inmates and talk to them and get their perspective. So, I definitely became entrenched in the war. I used to even watch "Scared Straight" as a teen [laughs]. So, we actually did an episode that was similar to "Scared Straight" and I was like, "Oh, watch this episode before I know what to do!" This was definitely bringing all the experiences that I've had over the years, dating back since my childhood, and it culminated in this beautifully thought-provoking, engaging, challenging, heart-wrenching yet funny show, "Orange Is the New Black." Yeah, I definitely think it was a part of my future before I even realized it.

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Leonardo DiCaprio and Brad Pitt star in "Once Upon a Time in Hollywood." ANDREW COOPER

Quentin Tarantino is firing on all cylinders with 'Once Upon a Time in Hollywood'

The filmmaker's ninth film hits theaters this weekend. PAT KING

Well, summer just got a little better, ladies and gentlemen. Here comes Quentin Tarantino. For his ninth feature — and possibly his penultimate full-length — the ever-eccentric filmmaker has decided to take on the glory days of 1960s Hollywood and the evils that co-opted the hippy generation of their chance to spread their message in a positive and meaningful way. The film, "Once Upon a Time In Hollywood," opens today in select theaters and finds Tarantino firing on all of his creative cylinders that made him such a singular voice in modern film.

Like his best work, "Hollywood" is an ensemble affair that follows multiple story lines that intersect in the end. The first is the friendship of TV and film actor Rick Dalton, played by Leonardo DiCaprio, and his longtime friend and stuntman Cliff Booth, played by Brad Pitt. Dalton was once a TV star who tried and failed to leave a successful show to transition into a leading man on film. We catch up with him amidst his slow climb back into relevance as he chases small parts as "heavies" on primetime television. After he has been stripped of his license after getting caught drinking and driving, Booth has transitioned from taking the hits for Dalton to driving him to and from gigs and juicing up his fragile ego.

The two are inseparable friends, and their relationship is one of the best on-screen friendships to grace the silver screen in some time. Both leading actors dig into their roles with such a sense of fun that their camaraderie is nothing short of infectious.

While Dalton is down and out, career-wise, he learns some valuable advice early on to buy property in Hollywood. Tarantino uses this story line to put Dalton as a next-door neighbor to actress Sharon Tate and her famous director husband, Roman Polanski, on Cielo Drive. The narrative device gives Tarantino the poetic license to retell the events of the Manson family attacks on Tate, played by Margot Robbie, and Polanski that fateful night. Without any spoilers or cameo reveals, the film is chock-full of surprises that will be talked about well after its release.

With Tate's story line, Tarantino takes the opportunity to introduce the actress to a new audience that may have only known her from the grim headline. He takes her back from the Manson narrative, showing her as the eager and kind budding starlet that she was. In one scene, she heads to a matinee screening of the Dean Martin-starring action-comedy film, "The Wrecking Crew," in which she plays the comic relief. After convincing the theater staff that she is who she says she is, she sits down to enjoy while Tarantino chooses not to superimpose Robbie into the film, leaving in footage of the actual slain actress.

Another masterful sequence shows Dalton trying to make an impact as the villain on a big network western show and grappling with his insecurities while the production tries to work around his inner crisis. While Tarantino shows you how a western is made, we also follow Booth as he has a showdown with the Manson family at their adopted Spahn Ranch home. This scene plays beautifully against the other, as the tense meet-up on the ranch borrows heavily from the tropes of famous westerns of the day.

When Tarantino hits that narrative spike with a sledgehammer, you can almost picture him enthusiastically pitching his ideas with a crazed look in his eyes to a room full of film executives, acting out dialogue and expanding upon his vision with his motor-powered wit. All of that infectious energy is on full display with "Hollywood" and results in the most all-out fun and well-constructed film the director has made in years.

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Turning a new fitness 'Paige' during pregnancy

Being pregnant doesn't mean putting your workout routine on pause. Fitness superstar Paige Hathaway shares tips on how to be the best you during pregnancy.

JEFF TOMKO

It takes one look at her social media page to conclude that Paige Hathaway's body is her paycheck, namely her rock-solid abs.

But when the flawless fitness model's sculpted six-pack, which has graced countless fitness magazine covers and has earned her over 4 million Instagram followers, began giving way to an expanding baby bump, well, even Hathaway became a bit overwhelmed by her body transformation.

"I'm not gonna lie, gaining 30 pounds so far has been difficult because I'm so used to having abs," Hathaway, 32, admits. "Even my muscle definition has gone down because of gaining a lot of water weight."

Starting a family has been a goal for the 32-year-old for a while, and after the initial body-change shock, Hathaway quickly learned that it's now all about baby.

"This pregnancy has taught me so much already," she says. "It's taught me how to not be selfish and put my baby first. As long as she's healthy and growing on the right track, that's all that matters.

Hathaway's child-first mentality, however, doesn't mean putting a pause on her vigorous workout routine — and it doesn't have to for most expecting mothers.

While studies have shown that many women may reduce their exercise during pregnancy, especially toward the third trimester, it's been proven that maintaining a consistent exercise regimen greatly benefits women during this time.

Some of the benefits include an increase of energy levels, reduction of lower-back pain, leg swelling, even "morn-

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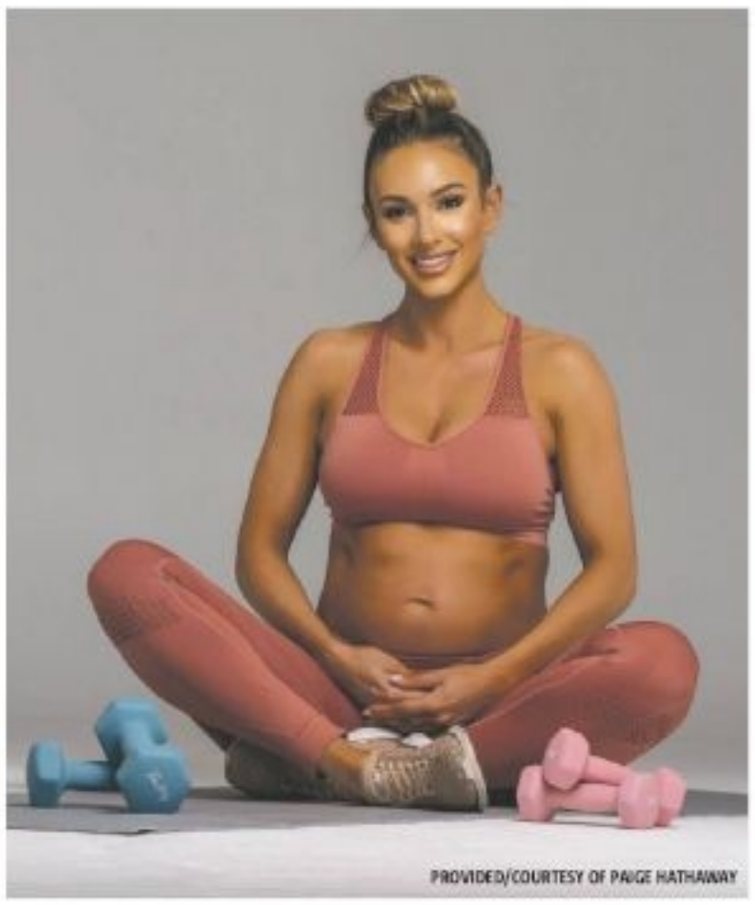
PROVIDED/COURTESY OF PAIGE HATHAWAY

Paige's pregnancy workout

Hathaway admits that there are days during her pregnancy when fatigue affects her workouts. So don't feel like you're alone. The fitness superstar put together this effective and easy-to-perform full-body workout that can be done virtually anywhere. "You're working extra-hard to create this little tiny human inside you," Hathaway says. "Here's the perfect workout you can perform at home or at the gym that'll help you save time."

Instructions: Perform 2 to 3 sets, 10 reps each

- Squat to Dumbbell Arnold Press
- Seated Pistol Squats
- Lunge to DB Biceps Curls
- Glute Bridge to Incline Alternating DB Chest Press
- Side Lunge to Single-Arm Row
- Kneeling Lunge to Overhead Press
- DB Row to DB Deadlift
- Modified Burpee (placing a bench in front of you, place your hands to bench, then step legs back, sort of resembling a plank position. Then bring legs back to front, and reach up on your toes (don't jump)

For more post-baby programs, go to fitin5.com.

ing sickness." According to some studies, maintaining a strong core may possibly help improve stamina when it comes time for delivery.

For Hathaway (@PaigeHathaway), after getting used to her body changes, especially her baby kicking ("It really is kind of like being possessed by an alien," Hathaway says; "Wow, what a feeling!), it took a few easy tweaks to continue performing most of her normal (and well-documented) routine. She's eliminated exercises involving abdominal crunching — squats, leg presses — from her workout. "Bringing my stomach to my knees is uncomfortable to me and I don't want to put too much pressure on my midsection," she says.

Hathaway, a Liv Body pregnancy-safe supplement spokeswoman ("Use code PAIGE20 at checkout," she says) also opts now for upper-body exercises from an incline to reduce lower-back stress.

Based on her experience as an expecting mother, Hathaway says there's no reason women can't continue doing their normal routine.

The biggest misconception among exercise during pregnancy, she says, is that you need to scale back your workout, or modify your routine with such watered-down (read: boring) exercises that it's no longer fun to work out. Quite the opposite, she says, as long as you're able to find balance between listening to your body and pushing too hard. And also, listen to your doctor.

From there, continue pumping iron, training for your next marathon, or just taking long, relaxing walks — there's no need to skip your workouts. Hathaway, who says she maintains her four- to five-day-a-week workout schedule, still says go all-in with your workout — safely, of course.

"Go on, mama, lift those weights while you're pregnant," Hathaway says. "Whether you ran marathons, did CrossFit or Pilates, or played sports, go on with your bad self and continue to be awesome."

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Fun things to do in Philly this month

25
Artisanal Wine and Cheese Pairing
July 25

Refine your palate with some of the most spirited wine selections and indulgent cheese choices at this delicious pairing event. **July 25, 7:30-9:30 p.m., Wine School of Philadelphia, 109 S. 22nd St., prices vary**

27
Philadelphia Potter Crawl
July 27

All Potterheads, muggles and witches alike are invited out to this magical bar crawl that takes thirsty Philadelphians all around Old City.
July 27, 1 p.m., Old City, $15+

30
July Our Night Out
July 30

Head to Bok Bar for a fun luau-themed night featuring leis, themed drinks, an incredible view and more while also helping out a great cause.
July 30, 6-9 p.m., Bok Bar, 800 Mifflin St., $5+

31
Rebelution
July 31

The smooth-sounding, laid-back reggae band hits the stage at the new Met Philadelphia for one night only this month. **July 31, 7 p.m., Met Philadelphia, 858 N Broad St., $30-$50**

1
Stroll the Street
Aug. 1

Head to Manayunk every Thursday at 5 p.m. from Memorial Day to Labor Day and enjoy local food trucks, vendors and live music. **Aug. 1-29, Manayunk, 4312 Main St., free**

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INFORMATION SESSIONS—019
Monday, July 29, 9:30 a.m.
Friday, August 9, 9:30 a.m.
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3

Queen + Adam Lambert: "The Rhapsody Tour"

Aug. 3

"American Idol" alum Adam Lambert helps bring the essence and energy of Queen alive onstage during this incredibly nostalgic show. Aug. 3, 8 p.m., Wells Fargo Center, 3601 S. Broad St., $80-$195

4

2nd Street Festival

Aug. 4

Head to 2nd Street in Northern Liberties for a day filled with food, drinks, music, arts, crafts, live performances and plenty of unique memories. Aug. 4, noon-10 p.m., 2nd Street, Northern Liberties, free

7

Papa Roach

Aug. 7

The popular rock group is headed to the City of Brotherly Love this month to perform some of their best hits and songs from their new album. Aug. 7, 7 p.m., Met Philadelphia, 858 N. Broad St., $25-$95

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EASY

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	6			4				

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Money
Spend it, lend it
Lose it, find it
get it, share it
Save it for that rainy day

Love it, need it
Want it, hate it
Earn it, burn it
Squander it like it grows on trees

Put it under your bed
Will it to your pet
But for heaven's sake,
Don't build your life around it
It won't ensure your happiness, and
It won't buy (true) love
No matter how much you've got

— **R. Cory**, *Metro New York reader*

metro.us/horoscopes

Aries Be careful what you reveal to others. Someone will use the information you share against you. A personal matter needs to be addressed before you can make a positive move.

Taurus Maintain balance and integrity, regardless of what others do. If you stay calm and focus on what's important to you, everything else will fall into place. Romance is highlighted.

Gemini Make a domestic or relationship adjustment. You don't have to put up with abuse or someone's bad habits. Do whatever it takes to make your life better.

Cancer If you want something to happen, it's up to you to do the legwork. You can make a difference if you put your energy toward a cause or project that matters to you.

Leo Refuse to let the actions of others upset you. Look for the positive in everything, and make choices based on knowledge and experience, not on what others lead you to believe.

Virgo If you gather information about your heritage, you'll come across something that intrigues you or provides insight into your personality. Romance will enrich an intimate relationship.

Libra Draw on your experience to help you make a decision. You'll have to take action if you want to avoid being put in a position that disrupts your status or reputation.

Scorpio Channel your energy into your responsibilities, profession or anything that will help you get ahead. Use your experience, charm and wisdom to entice others to see things your way.

Sagittarius Think big, but be moderate when spending money, consuming food and drink or making promises you may not be able to keep. Focus on knowledge, personal growth and health.

Capricorn The changes you make at home will affect your relationships or possibly go against code. Get your facts straight and your plans approved before you begin.

Aquarius Refuse to let others' actions influence you emotionally. If you dwell on what you cannot change, you will miss out on something that you can do to make your life better.

Pisces Participate in functions that make a difference in your community or bring someone from your past back into your life. An offer you receive will grab your interest. EUGENIA LAST

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TRANS WELLNESS

The world's largest free trans-specific event is happening in Philly this weekend

Philadelphia Trans Wellness Conference provides education, resources and fun for the trans community.

MADELINE PRESLAND

ISTOCK

Trans people, allies and service professionals gather in Philly this weekend to celebrate the joy of being trans.

LGBTQ health and social service provider Mazzoni Center organizes the annual Philadelphia Trans Wellness Conference to provide a safe space that empowers trans, nonbinary and queer people to advocate for their mental and physical well being. A variety of workshops, speakers and events provide education and resources to help attendees find the services and support they need, with topics like "How to Make the Most of your College Experience as a Non-Cis Student" and "Self-Made: Combatting Dysphoria Through Fitness". Conference workshops are chosen by a conference Interdisciplinary Review Committee to make sure the content meets attendees' needs.

Attendance numbers have climbed throughout the years. Last year's conference had more than 10,000 attendees, and Mazzoni Center events staff are excited to see if this weekend's conference will break another attendance record.

"It really shows how many people seek this information and that this is such a critical space," said Jay Alston, the Events Coordinator for Technology and Data. "We have a lot of returning attendees, and people come from all over the world to have this community bond."

The conference also builds community among those who work with trans patients or clients. The professional track allows service providers to learn about improving their services for the trans community. This program is built for lawyers, doctors and mental health professionals to receive necessary continuing education credits while expanding their ability to meet the needs of an audience that is often forgotten or limited in conventional education programs.

"So many professional programs might devote a day to serving LGBT people, let alone trans people who have very specific care needs," Alston said. "We also have trans providers who might work in environments that don't allow them to bring their full selves to work, so this track also helps affirm that there are people who want to go above and beyond to do more for the community."

In addition to education, the conference has a series of networking and social events for attendees, including Thursday's Opening Reception at the Pennsylvania Academy for the Fine Arts (128 N Broad St.) and a "Euphoria" dance party at Tabu (254 S. 12th St.) on Friday night. The conference will also include a number of meetups for attendees to encourage even more community building.

"It's our goal to create very intentional spaces for folks with additional marginalized identities," Alston said. "We have meetup spaces folks with disabilities, Spanish speakers… it's one thing to form a group based on one identity, but people can go even further with these meetups during the conference."

This year's Trans Wellness Conference runs from Thursday July 25 to Saturday July 27 at the Pennsylvania Convention Center. Visit mazzonicenter.org for a full schedule of events and registration information.

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Philadelphia Trans Wellness Conference kicking off on Thursday

MAZZONI CENTER
LGBTQ HEALTH AND WELL-BEING

ASK MAZZONI:

Thursday, July 25 begins Mazzoni Center's annual Philadelphia Trans Wellness Conference (PTWC), running through Saturday, July 27. The free three-day event is packed with tons of workshops and events to help educate, empower and unite the trans community, friends, family and allies. This year's event will be held at the Pennsylvania Convention Center (129 North Broad Street).

Metro sat down with Ashley Coleman, senior events manager at Mazzoni Center, to get all the details.

Tell us about the PTWC! What workshops can attendees expect?

Mazzoni Center is dedicated to providing the absolute best and most comprehensive health and wellness services to all members of the LGBTQ community. The PTWC brings this vision to life, serving up powerful workshops to provide information and vital resources to trans folks and allies — everyone from grandparents to little trans kiddos.

It's really for anyone who wants to learn more about everything from medical happenings to legal rights to name changes, and everything in between. We even have a spirituality section where we talk about what it means to be queer and trans in faith spaces. We have workshops around how to have a baby and make a family, and how that may affect your transition.

The conference isn't only an education space, but also a community-building space. I describe it as three days where the entire world feels like it's ok. Everyone you're surrounded by shares the same morals and values. It changes people's lives to be in a space that builds such a strong community.

What other events will be happening?

In addition to the conference, we have a variety of exciting ancillary events throughout the conference. We have our annual opening night reception (100 percent free to all conference attendees) on Thursday, July 24 at 6:30 p.m. at the Pennsylvania Academy of the Fine Arts, across the street from the convention center. There will be an open bar, food, live music and a few speeches from our event organizers.

We also have a special networking mixer for our professional track attendees. Professional track is a paid program that provides continuing education credits for medical, legal and behavioral health providers so they can be up to date on language, forms, medical procedures and what's happening right now in our legal system. Our free networking mixer takes place Friday, July 26 at 6:00 p.m. at the Center for Architecture and Design.

All 21+ attendees who would like to socialize, dance and groove to the East Coast's hottest trans DJs can also hit up Tabu Lounge & Sports Bar on Friday, July 25 at 9:00 p.m. We're taking over all three floors and throwing a huge dance party called Euphoria.

Anything planned for kids?

We have very robust youth programming, complete with kids camps being led by extensively trained teachers. There are so many cool things this year! We're doing a drag queen story time, arts and crafts, science experiments and so much more. We also have a special youth space for teens. Seeing all these kids be able to be their true authentic selves surrounded by adults who love and support them is one of the most beautiful things I've ever seen.

Why does Mazzoni Center host the PTWC each year?

I myself am a black queer woman and have been active in my community since coming out at age 13. I'm the only cisgender person on our team, and we're all people of color. Being from marginalized communities beneath our LGBTQ umbrella, we know how important it is to bring information and access to others who are even more marginalized — we are committed to opening doors and making opportunities for, and with, our trans siblings.

Excited to check it out? Register online at www.mazzonicenter.org/trans-wellness/registration, or walk into the conference and register on the spot.

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Making health care more accessible for the LGBTQ+ community

Einstein HEALTHCARE NETWORK
PRIDE PROGRAM

ASK EINSTEIN HEALTHCARE NETWORK:

Everyone deserves equal access to health care, but the playing field is anything but even for those who are trans-identified. Twenty-nine percent have been discriminated against by a health care provider, according to the Center for American Progress. This includes being in situations where medical providers have refused to see them because of their gender identity.

Einstein Healthcare Network's Pride Program is dedicated to helping the LGBTQ+ community navigate the health care system in order to receive confidential, respectful, compassionate care — and, most importantly, have access to the care they need. Darius McLean, Pride Program Manager, is shining a light on this important work.

How is the Pride Program helping LGBTQ+ folks in accessing high-quality health care?

It's all about patient advocacy, and that could mean a lot of different things. Let's say they don't feel comfortable going to an appointment on their own and accessing the front desk because they're nonbinary or transmasculine and they're going to a reproductive health visit. Or it could be that they're documentation doesn't match up to what's on their insurance card and they want help navigating that. Many simply have anxiety around appointments, and understandably so given that so many continue to face discrimination.

What kinds of services do you offer?

The Pride Program offers a full scope of services in the Philadelphia area that goes beyond the patient navigator support we just discussed. We also offer primary care, obstetric and gynecologic care, hormone therapy, surgical services and outpatient mental health care. Each division provides safe, innovative and professional medical services for the LGBTQ+ community. We also have resources available for survivors of intimate partner violence.

Does the Pride Program offer pediatric services?

Yes! We're working directly with LGBTQ+ youth on an ongoing basis, like hosting community call-outs and surveys to understand what kinds of drop-in services they'd like to see in the Pride Program. We also have a teen clinic that works specifically with LGBTQ+ youth and a pediatrician who works with them and their families.

What about insurance?

Our providers here accept Medicaid and Medicare, which is really important for folks looking for gender-affirming top surgeries. Our behavioral health team also has programs set up for folks who don't have insurance. Many times, people don't know they qualify for state insurance, so we help them navigate that, too. There are also services available for undocumented people.

How is Einstein Healthcare Network changing the landscape for LGBTQ+ patients?

It's important as health care providers and educators at every level that we work together, no matter what organization we work with, especially for the LGBTQ+ community and other marginalized communities. So many patients are afraid of medical access points because of trauma from past experiences with health care. As a trans-identified person, I know just how hard it is to find the right care and providers. It feels very daunting as an LGBTQ+ person. We need to do all we can to create a more equitable health care system.

Tell us about your presence at the Philadelphia Trans Wellness Conference.

We're very excited to be taking part in this event!

It's running from July 25 to July 27, and we'll be hosting three different workshops. A main area of focus for us this year is helping to build families in the black trans community.

The Pride Program offers services throughout the Philadelphia areas and is headquartered at Einstein Medical Center Philadelphia (5501 Old York Road). Call or text 215-420-0989 to learn more about all the ways they're opening up health care for the LGBTQ+ community.

The Pride Program at **Einstein Medical Center Philadelphia** provides the LGBTQ+ community a professional and caring environment for your healthcare needs.

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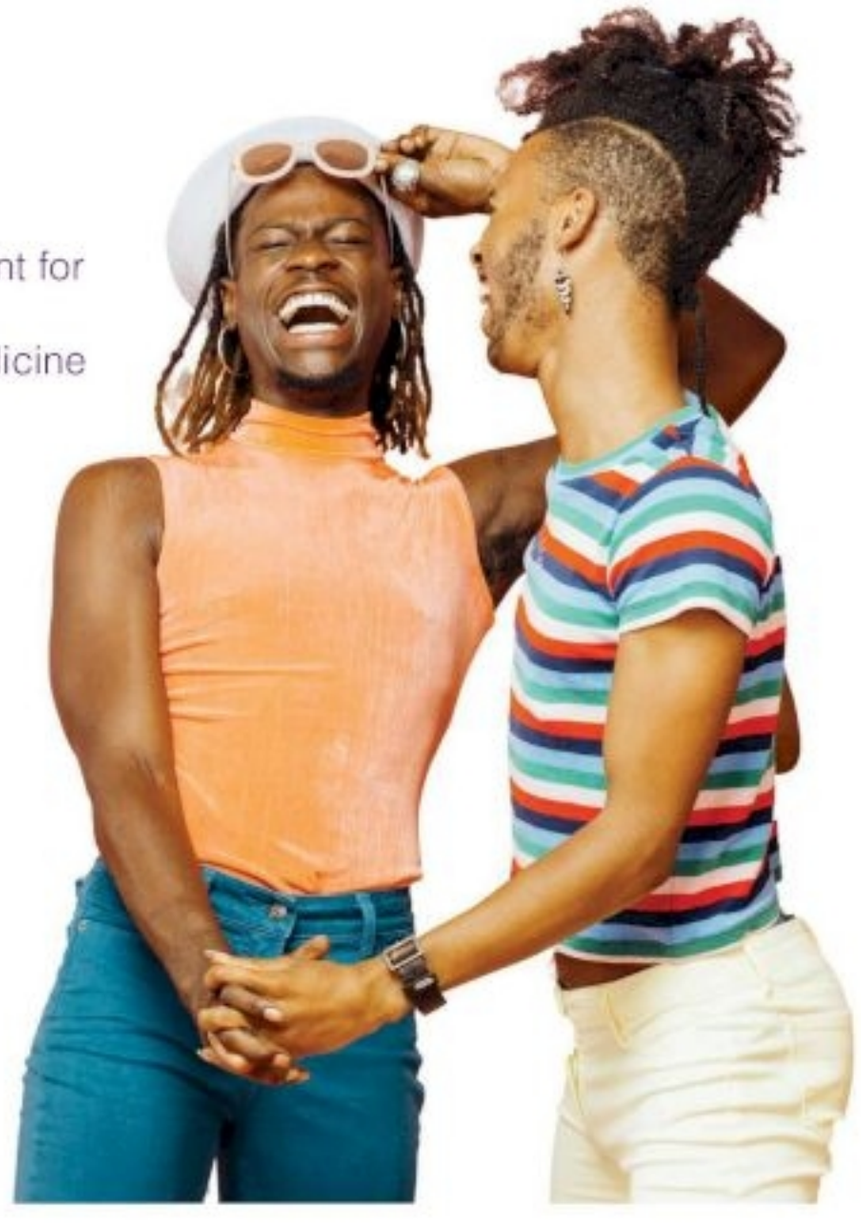

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Einstein MEDICAL CENTER PHILADELPHIA
PRIDE PROGRAM

Einstein.edu/Pride

How to support trans- and gender-variant people in your life

PHIIRST

ASK PHIIRST:

Whether you're partnered or single, investing in your mental health doesn't have to be a solo journey. No one knows this better than the Philadelphia Institute for Individual, Relational & Sex Therapy (PhIIRST). At the end of the day, it's all about braving life's challenges so that you can be your best self.

When someone you love shares that they're questioning their gender identity, it's perfectly natural to be flooded with questions. Above all, you're probably wondering how you can best support them. Dr. Christopher Wilson, a licensed psychotherapist at PhIIRST who specializes in LGBTQ issues and sexuality, shared some of his best insights.

What should I do when someone I care about is questioning their gender identity?

Just listen and hear them out. Sometimes when people are trying to figure out their gender identity, they may not necessarily know what that means for the long term. In other words, they may not be able to give you a complete answer to the million questions you may have. Just be present with them and lend an empathetic ear.

How can I let them know I support them?

Simply being open and loving goes a long way. If you have a relationship where physical comfort is part of that process, give them a hug or a cuddle and remind them that you're there for them and will support them no matter what. Just know that the characteristics of the person you love — that they're humorous, kind, loving, helpful — aren't going to change, regardless of what the person comes to in terms of their gender identity. Make an effort to use their correct pronoun and the name they've identified for themselves. Those kinds of little steps of affirmation are really powerful.

How can I educate myself?

It's always a good idea to learn more about gender identity. There are great books out there written for the general population. You can also go online and read social message board posts to start building a community of other people who are supporting those who are gender-variant or trans-identified. The World Professional Association for Transgender Health is a wonderful place to start.

How can therapy help someone who's questioning their gender identity?

Having the space to talk to someone who understands what it means to be gender-variant or trans-identified is a huge part of it. Our team of therapists at PhIIRST is open and affirming, and we provide resources and emotional support. We also help the person feel validated when they do make a decision and eventually start coming out to friends and family. Part of this is processing challenges, like when someone comes out and the person is really rejecting. This is when they really need that emotional support and help in creating what we call a family of choice. Family of choice is the family, often times from within the LGBTQ community, who supports you no matter what, when your biological or adoptive family is unwilling or unable to do so. It can also include allies; people who are not part of the community, yet support LGBTQ people.

Can I accompany them to therapy?

If the client wants that, we're very open and welcoming of it. Sometimes it can be a lot for family members to take in and process, especially if their significant other is coming out as trans- or gender-variant. It brings a lot of question and

uncertainty, but working together in therapy can help them both feel supported as they find their way.

At the end of the day, supporting the trans- and gender-variant people in your life doesn't have to be as complicated as you may think. PhIIRST is there to help, no matter where you are on the journey. To learn more, visit www.phiirst.com. They have locations in Center City and Media, Pennsylvania.

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Meek Mill granted new trial on 2008 drugs, weapons charges

A Superior Court panel agreed that Judge Genece Brinkley was no longer impartial.

Meek Mill, a rapper who has become an advocate for reform of the U.S. criminal justice system, is entitled to a new trial on drugs and weapon charges that have kept him on probation for a decade, a Pennsylvania appeals court ruled on Wednesday.

Rapper Meek Mill. REUTERS

A three-judge Pennsylvania Superior Court panel agreed that Philadelphia Judge Genece Brinkley, who presided over a 2008 trial that resulted in his conviction, was no longer impartial, as Meek Mill's attorneys have argued. It ordered a replacement for Brinkley in the case.

The sole witness against Meek Mill at his 2008 trial was a discredited Philadelphia narcotics squad officer who is no longer with the city's police force.

"Williams' right to be tried before an impartial judge is necessary in this case because the trial judge heard highly prejudicial testimony at the first trial, which was a bench trial, and made credibility determinations in favor of a now discredited witness and against Williams," President Judge Jack A. Panella wrote in an 18-page opinion.

In November 2017 Brinkley sentenced the rapper to up to four years in prison, saying a pair of arrests violated probation conditions she set following his 2008 convictions. He served five months before the state's top court granted him bail.

The arrests, one for dangerous driving while shooting a New York City music video, did not result in convictions.

After the sentence, Meek Mill, whose given name is Robert Williams, became a cause celebre for musicians, celebrities and criminal justice reform campaigners who said his case was typical of a U.S. legal system that treats minorities unjustly. The rapper is African-American.

"I'd like to thank the Pennsylvania Superior Court for overturning my conviction and granting me a new trial," Mill said on Twitter. "The past 11 years have been mentally and emotionally challenging, but I'm glad that justice prevailed and my clean record has been restored."

The Philadelphia District Attorney's Office said in a statement it welcomed the appeals court decision and was reviewing its options regarding a new trial.

A representative for Judge Brinkley did not immediately return calls.

> **"The past 11 years have been mentally and emotionally challenging, but I'm glad that justice prevailed and my clean record has been restored."**
>
> **Meek Mill**

Mill's song "Going Bad," on which he collaborated with Drake, hit No. 6 on the U.S. charts this year. His other hit songs include "All Eyes on You" and "Dangerous." REUTERS

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Screen action legend Rutger Hauer dies

Dutch actor Rutger Hauer, best known for his role in science fiction classic Blade Runner, died on July 19 after a short illness, Dutch news agency ANP reported on Wednesday, citing his family. He was 75.

Hauer, whose funeral took place in the Netherlands on Wednesday, appeared in a total of over 100 Dutch and international movies. He won a Golden Globe in 1988 for his role in Escape from Sobibor.

In Blade Runner, Hauer played the part of android Roy Batty, the adversary of "blade runner" Rick Deckard, played by Harrison Ford.

Hauer starred in Dutch classics and Hollywood blockbusters as well as in a whole range of B-movies, in which he was mostly cast as the villain.

Actors Rutger Hauer (left) and Mickey Rourke. REUTERS

"I'm not very good at judging movie scripts," he said in 1994, adding that the less budget a movie had, the more they were willing to pay him.

Hauer, who led a quiet life in the north of the Netherlands when not in Hollywood, used his money and fame to help children and pregnant women with HIV/Aids through his nonprofit Starfish Association.

Dutch director Paul Verhoeven, who made five movies and TV series with Hauer, said he had lost his "alter ego."

"He was to me what Marcello Mastroianni was to Fellini. I have only good memories." REUTERS

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Mueller says he did not exonerate Trump as Republicans assail inquiry

The former FBI director appeared for close to four hours before the Judiciary Committee.

Former Special Counsel Robert Mueller. GETTY IMAGES

Former Special Counsel Robert Mueller on Wednesday said in dramatic congressional testimony he had not exonerated President Donald Trump of obstruction of justice and defended the integrity of his inquiry under repeated attacks by conservative Republican allies of the president.

Mueller initially testified he would have sought to indict Trump were it not for a Justice Department policy against charging a sitting president. But hours later he corrected himself and said, "We did not reach a determination as to whether the president committed a crime."

Answering questions publicly for the first time on his inquiry, Mueller appeared for eagerly anticipated testimony in two back-to-back televised hearings that carried high stakes for Trump and Democrats who are split between impeaching him or moving on to the 2020 election.

The former FBI director, who spent 22 months investigating Russian interference in a "sweeping and systematic fashion" in the 2016 U.S. election to help Trump and the president's conduct, appeared for more than 3 ½ hours before the House of Representatives Judiciary Committee.

Mueller then appeared before the House Intelligence Committee for more questioning. Democrats control the House, while Trump's fellow Republicans control the Senate.

The Judiciary Committee's Democratic chairman, Jerrold Nadler, praised Mueller and said no one, including Trump, is "above the law." The Intelligence Committee's Democratic chairman, Adam Schiff, accused Trump's 2016 campaign of "disloyalty to country" for inviting, encouraging and making full use of Russian election meddling.

But Trump's Republican allies on the committees tried to paint Mueller's investigation as unfair to the president, with Louie Gohmert heatedly telling him, "You perpetuated injustice," and conservative Rep. Guy Reschenthaler calling the manner in which the inquiry was conducted "un-American."

> **"Welcome, everyone, to the last gasp of the Russian collusion conspiracy theory."**
> Devin Nunes

"Welcome, everyone, to the last gasp of the Russian collusion conspiracy theory," said Devin Nunes, the Intelligence Committee's top Republican.

Mueller's 448-page report, released April 18 in redacted form, did not reach a conclusion on whether Trump committed the crime of obstruction of justice in a series of actions aimed at impeding the inquiry, but did not exonerate him.

Democratic Rep. Ted Lieu asked Mueller during the first hearing whether the reason he did not bring a criminal indictment against Trump was the Justice Department's longstanding policy, crafted by its Office of Legal Counsel, against bringing criminal charges against a sitting president.

"That is correct," Mueller said.

But Mueller at the outset of the second hearing backed off that testimony. REUTERS

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THE FOREMAN FORECAST: NOT EXONERATED

ANALYSIS

TOM FOREMAN

"No collusion. No obstruction."

President Trump has chanted those words for months now, insisting that is the prime finding of the now-completed Russia investigation. He's bellowed them in speeches, he's shouted them at reporters, and he's tweeted them.

But make no mistake, Trump's claim is not true. It is a lie.

If you take one thing away from the extraordinary congressional testimony of Robert Mueller, the man whose team wrote the report, it should be that simple truth: Trump has not been exonerated.

To the contrary, Mueller's report found that Team Trump had a lot of contact with Russians who wanted Trump to win the 2016 election. The report showed that Trump's insiders, while never entering an actual conspiracy to promote Russian efforts to help, nonetheless welcomed them.

And when the investigation was launched, President Trump repeatedly discouraged cooperation and refused to be interviewed, even as people with ties to his team misled and lied to the special counsel. These are facts.

So why wasn't Trump charged with obstruction of justice when almost any other American likely would have been? Mueller says that option was never on the table — no matter what the facts might show — because the Department of Justice long ago concluded it would be unconstitutional to indict a sitting president.

To be clear, Mueller is not saying Trump should be indicted or impeached. He's simply saying that choice was not in play and it is not his call to make now.

GETTY IMAGES

All this searing testimony produced no visible effect on the Republicans questioning Mueller. One after another they tried to impugn the special counsel's motives, echoed the call of "witch hunt," steered away from any discussion of the troubling evidence, and played the role of a faithful choir in the Church of Trump.

And of course, they came out of the hearing calling Mueller and his report hopelessly compromised by alleged and unproven Democratic influence.

But even in Washington, facts still matter. And the facts in the Mueller report, and now in his congressional testimony — as stumbling, even bumbling, as it seemed at times — paint a damning picture of a president neck-deep in highly questionable behavior … no matter what Trump and his acolytes claim.

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MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

GETTY IMAGES

There are dozens of individual player betting markets right now at **MetroBet.us/Sugar**, including many prop odds on Eagles players.

Today we'll take a look at odds on Birds wide receiver Alshon Jeffery:

Total receiving yards
Over 850.5 yards -110
Under 850.5 yards -110

Total receiving TDs
Over 6 -110
Under 6 -110

The 850.5 yards seem to be quite high considering Jeffery hasn't gone over that mark since 2014, when he was a member of the Bears.

His top receiving days as a member of the Eagles have also occurred when Nick Foles was throwing the ball, not Carson Wentz, and DeSean Jackson will be taking a good chunk of targets away from No. 17.

But, then again, Jeffery managed to nab 843 yards' worth of receiving last season in an injury-plagued year that saw him gut it through 13 regular-season games.

The touchdown total of six seems much more fair for Jeffery.

Jeffery had six TDs in 13 games a year ago, and he grabbed nine for the Eagles in 2017. His career high is 10 TD catches back in 2014.

A fully healthy Eagles offense should raise all boats, and here's thinking most receivers and TEs will see their TD numbers climb a tad.

This is worth a parlay here, with Jackson hitting his TD total but going slightly under his yardage.

The play: $10 on Alshon Jeffery Under 850.5 yards, Over 6 TDs

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Best Bets

College football betting: Ride Clemson

The Clemson Tigers went 15-0 last season, wrapping things up with an emphatic 28-point victory in the CFP Championship game over Alabama. Predictably, Dabo Swinney saw several of his players turn pro, particularly on defense. But with a highly-touted recruiting class incoming and a soft conference schedule, it's easy to forecast an undefeated regular-season run for the Tigers in 2019.

Clemson landed the nation's 10th-best recruiting class. Five-star cornerback Andrew Booth heads the incoming freshmen. The Tigers may have some trouble getting to the quarterback early this year with Christian Wilkins, Clelin Ferrell, Austin Bryant and Dexter Lawrence all departing, but defensive coordinator Brent Venables will have plenty of time to iron out the wrinkles as his team could be favored by two touchdowns or more in every game they play before the postseason.

ROBERT CRISCOLA

The Tigers' offense, led by second-year signal caller Trevor Lawrence, is poised to be among the best units in college football this year.

The play: Clemson Over 11.5 wins (-134)

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SPORTS

With backs against wall, Phillies need Bryce now more than ever

Bryce Harper and the Phillies need a big series against the Braves this weekend. GETTY IMAGES

A crucial three-game series against the Braves could decide the Phillies' divisional hopes this year.

JOE PANTORNO
joseph.pantorno@metro.us

The Philadelphia Phillies are staring down the barrel of a lost season. There's no other way to put it.

A three-game series against the National League East-leading Atlanta Braves could very well be the Phillies' last stand in terms of divisional contention.

Being swept by the Braves would create a deficit that borders double-digits for the Phillies — one that might be too great to overcome in the final two months of the season.

The Phillies will need their struggling starting pitchers to step up in a big way to keep things afloat at Citizens Bank Park this weekend.

Zach Eflin gets the ball on Friday night against Mike Soroka with a lot to prove. While there are no injury concerns, Eflin has complained of a "heavy body" lately and it's shown. He's 1-3 with a 9.38 ERA in his last five starts.

Jake Arrieta follows on Saturday as he continues to soldier on in 2019 as he's pitching with a bone spur the size of a marble in his pitching elbow. He's strung together a pair of inspiring performances, allowing just two earned runs over his past 10.2 innings of work.

The Phillies will hope Drew Smyly can build off his team debut against the Pirates in which he allowed one run in six innings of work.

They'll be facing on a potent Braves offense that ranks seventh in the majors in runs scored, seventh in hits, eighth in batting average, and ninth in home runs.

The trio of Freddie Freeman, Ronald Acuna Jr., and Josh Donaldson each have at least 23 homers this year.

While plenty of pressure will be placed on the pitching staff to right the ship, star outfielder Bryce Harper needs to find a new level.

The $330 million man was batting .256 with 17 home runs and 70 RBI entering Wednesday night's series finale against the Detroit Tigers. That's not exactly the kind of production expected from a player making that kind of cash.

This is the time of year, however, in which Harper can earn his paycheck.

The Phillies have seen first-hand how Harper can turn it on down the stretch.

On Jul. 22 last year, Harper was slashing .218/.366/.475 with the Washington Nationals, who were in third place in the division behind the Braves and Phillies.

In his final 40 games of the season, he found his form, slashing .336/.455/.601, which helped the Nationals leapfrog the Phillies for second place in the division.

That's the kind of offensive explosion the Phillies need as they've been struggling to score runs as of late.

Since returning from the All-Star break, the Phillies are averaging just 3.5 runs per game which is just not enough support for a pitching staff that is littered with concerns heading down the stretch.

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Phillies in trade talks for Trevor Bauer

In need of pitching help, the Phillies are looking at one of the biggest names on the trade market.

JOE PANTORNO
joseph.pantorno@metro.us

The Phillies are attempting to remedy their starting-pitching situation before Major League Baseball's trade deadline on July 31.

Staying true to form, general manager Matt Klentak is going big-game hunting in the process.

According to MLB Network's Jon Morosi, the Phillies have had discussions with the Cleveland Indians regarding a deal involving Trevor Bauer.

It's become expected for the Phillies GM to go after the biggest names available on the market. He's coming off a winter spending spree that yielded Bryce Harper, Andrew McCutchen, Jean Segura, and JT Realmuto, making the Phillies an early NL East favorite.

As they scour the market for starting pitchers, the Phillies have had talks with the Indians for Trevor Bauer. GETTY IMAGES

Bauer is one of the top pitching talents available on the trade market this summer, though he is experiencing a dip in production.

Following an All-Star campaign in 2018 in which he went 12-6 with a 2.21 ERA, Bauer is 9-7 with a 3.49 ERA. Still, those are not bad numbers considering he's applying his trade in the American League.

The 28-year-old provided a glimpse of what he can offer to his potential suitors on Tuesday in Toronto against the Blue Jays where he recorded 7.2 innings of shutout ball while striking out nine.

Bauer is under team control through 2020 — albeit through arbitration — meaning the asking price from the Indians might be somewhat lofty.

Ken Rosenthal of The Athletic added that the Indians could be looking for immediate MLB talent. That bodes well for a Phillies team whose farm system is thin.

It remains to be seen, however, what the Phillies would be willing to part with to obtain Bauer.

He would immediately slot in at the top end of Philadelphia's rotation behind Aaron Nola, creating a much-needed, formidable one-two punch.

The Phillies' starting rotation ERA is at 4.93 around the 100-game mark, which ranks 17th in the majors. While it's a middle-of-the-pack number, that won't cut it for a National League East side with playoff aspirations.

Bauer's presence would also take some pressure off the shoulders — or elbow — of Jake Arrieta, who is pitching with a sizable bone spur as the rotation's No. 2 arm.

If Arrieta's injury becomes too much to take, the Phillies would at least have an upgrade in Bauer to fall back on.

The Phillies have also been linked with Detroit Tigers starting pitcher Matthew Boyd and Arizona Diamondbacks ace Zack Greinke this summer.

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Ronald Darby could be back for wounded Eagles by start of 2019 regular season

The Eagles cornerback has been hampered by injuries for the past two years.

JOE PANTORNO
joseph.pantorno@metro.us

Eagles cornerback Ronald Darby could be back from his ACL injury by Week 1. GETTY IMAGES

As Philadelphia Eagles training camp started up on Wednesday, they received an injury update on one of their top cornerbacks in Ronald Darby.

Per NFL Network's Ian Rapoport, Darby will start training camp on the Physically Unable to Perform (PUP) list. However, there is a possibility that he could be ready to go by Week 1 of the regular season.

Darby tore his ACL in November of 2018, limiting his season to just nine games.

It was the second-straight year in which injuries derailed his season. Multiple knocks held him to just eight games in 2017, but he was able to come back and contribute to the team's Super Bowl run.

He recorded 18 total tackles in the playoffs that year with six passes defended.

In the regular season, he's shown the ability to be a top-tier cornerback as long as he stays healthy. Over the past two seasons in a combined 17 games, Darby has racked up four interceptions and 73 total tackles.

It's the main reason why the Eagles inked him to a one-year deal despite all the health issues.

But will the absence have any consequences for the 25-year-old?

The Eagles have a crowded secondary with several cornerback battles expected to play out during training camp.

While Jalen Mills is working his way back from a foot injury, he is expected to be the top corner on the Eagles' depth chart this year.

He's just one of numerous Eagles that are nursing issues at the start of training camp.

Fletcher Cox underwent foot surgery back in April and is working with trainers away from practice. Fellow defensive lineman Derek Barnett is participating in individual drills after undergoing offseason shoulder surgery.

Safety Rodney McLeod is also taking part in individual drills while his MCL heals.

Behind Mills on the depth chart will be the likes of Rasul Douglas, Avonte Maddux, and Cre'Von LeBlanc all competing for playing time throughout the preseason.

Because of his expected late start, Darby will be re-introduced to the defense slowly, meaning he could see his playing time diminished if the Eagles' summer combatants make their mark on management.

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Court of Common Pleas for the County of Philadelphia, June Term, 2019, No. 005553. Notice is hereby given that on June 24, 2019, the petition of Vinh Chi Nguyen, praying for a decree to change his name to Vinh Chi Lac. The Court has fixed August 1, 2019 at 11:30 AM, in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

Court of Common Pleas for the County of Philadelphia, June Term, 2019, No. 005608. Notice is hereby given that on June 24, 2019, the petition of Hao Chi Nguyen, praying for a decree to change his name to Hao Chi Lac. The Court has fixed August 1, 2019 at 11:30 AM, in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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20 Cowardly
22 Golfing item
23 Celebration
24 Easter entree, perhaps
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29 Smart-alecky
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35 Contaminate
36 Farrow, for one
37 Forever and __
38 __ at; tried to punch
39 Wordsworth or Whitman
40 Confronted
41 Leaning
42 Waltz or twist
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47 Egg on
48 Healthy
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62 Flow out profusely
63 Casino figure
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65 Pig's home

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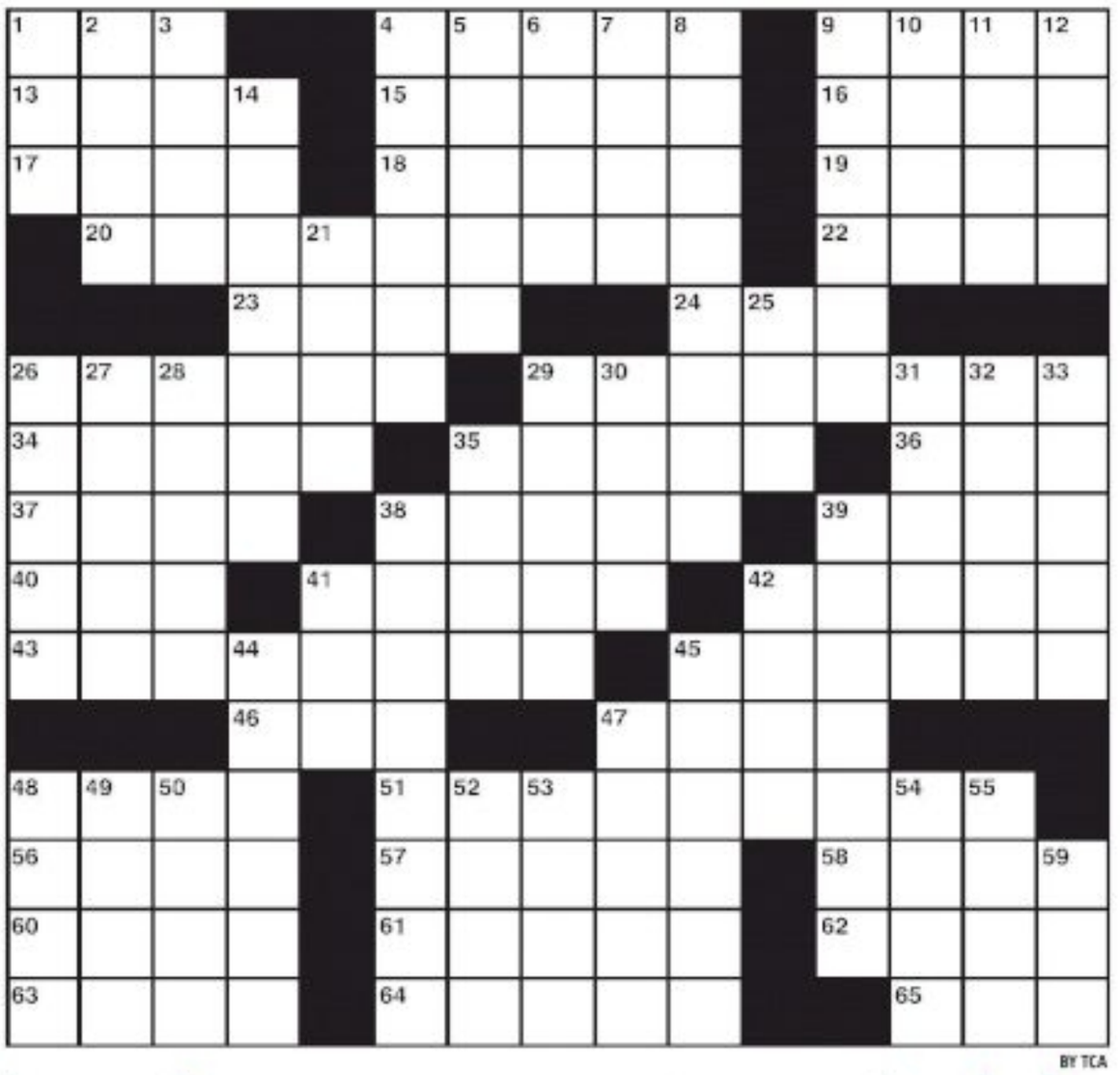

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